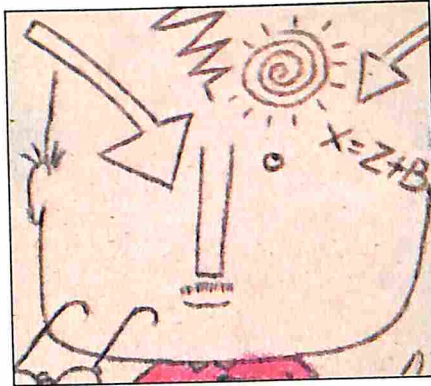


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Guiding Light / by Hal Hellman
 A surprising new weapon, light, may be effective in treating sleep disorders, jet lag, and a certain kind of depression. But the developing field of photobiology is much broader than that statement suggests. Light may, in fact, affect all aspects of our physical and mental well-being.

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Who's Intelligent?
 by Robert J. Sternberg
 We may not hesitate to make an informal judgment about someone's intelligence (or lack of it), but we probably haven't thought much about the criteria we use. In an original study, laymen and experts in intelligence measurement were asked to assess characteristics of an intelligent person. They agreed—to a point.



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Getting the Phone's Number / by Howard Muson
 Impersonal it may be, but the telephone serves better than face-to-face communication for some purposes, such as changing people's minds and winning concessions from adversaries. That and other conclusions can be drawn from recent British and American studies of the 106-year-old medium.

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Still Vital After All These Years / by Joseph Adelson
 William James himself called his 1890 treatise "a loathsome, bloated mass," but rereading the new scholarly edition of *The Principles of Psychology* confirms its stature as "the single greatest work in American psychology," and reminds us that its author was perhaps "the most gifted writer of expository prose this country has ever had."

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Automated Lives / by Ellen J. Langer
 It makes no sense to ask, "May I use the Xerox machine because I have to make copies?" But that silly-sounding request is a good way to get to the machine fast—and to gain insight into what psychologist Langer calls mindlessness. The phenomenon is more common than people realize, she says, and more harmful. It may even shorten the life of the elderly.



DEPARTMENTS

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Second Thoughts on First Touch
 by Michael Lamb
 Doctors have oversold the "miraculous" power of skin-to-skin contact between mother and newborn baby.

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Personal/Last Words for My Father
 by Anthony Brandt
 Not until seven years after his father's death did the writer come to understand what he had wanted—but failed—to say.

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At Issue/
Curing Criminal Negligence
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 Therapy can change the behavior and attitudes of young delinquents. But effective childhood treatment can be undone by lack of opportunity in adult life.

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MEG Gets Inside Your Head
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Cover:
Sculpture by Nick Aristovulos
Photograph by Carl Flatow

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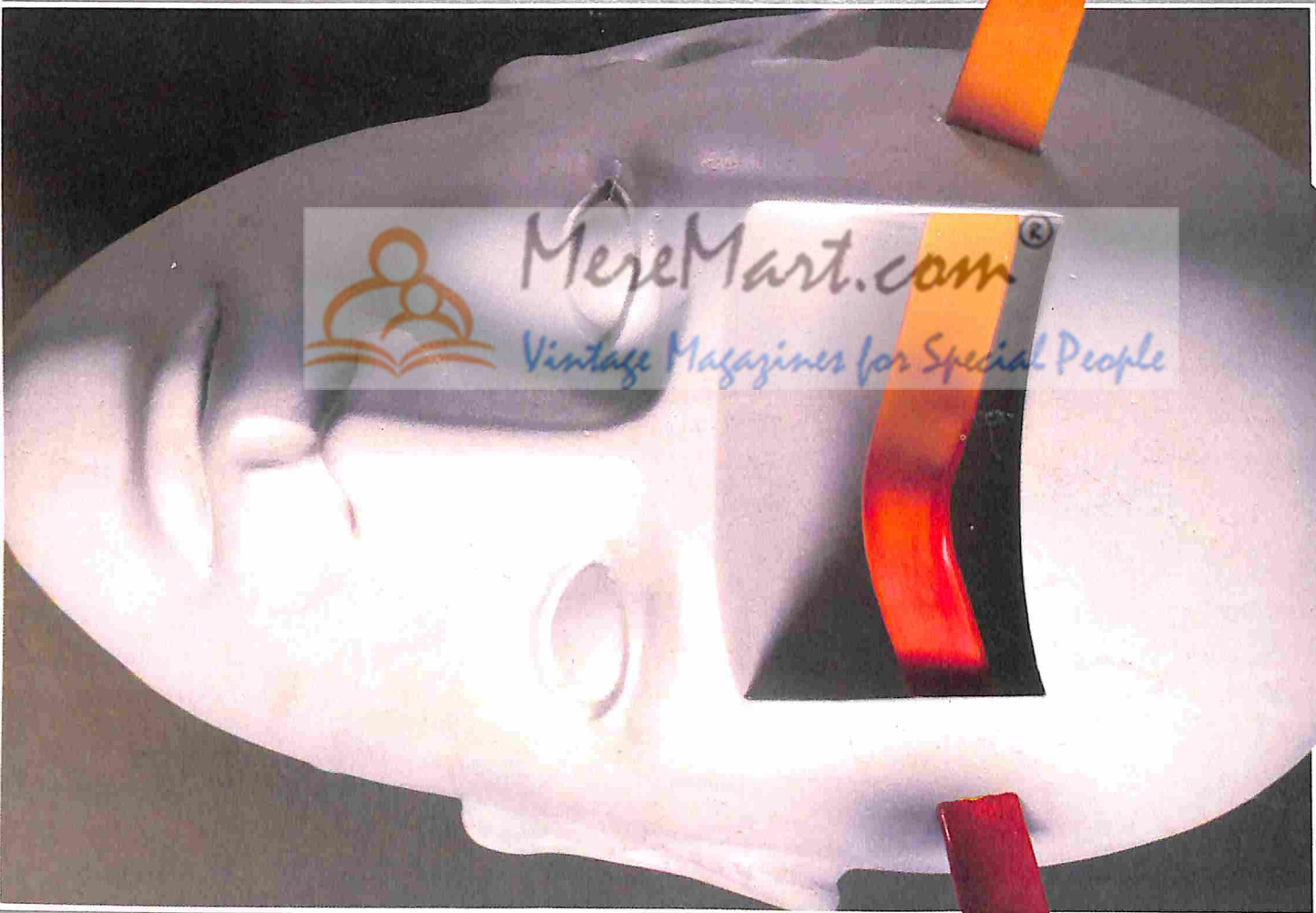
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What Experts and Laymen Mean by 'Intelligence'

How Light Affects Our Emotions

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